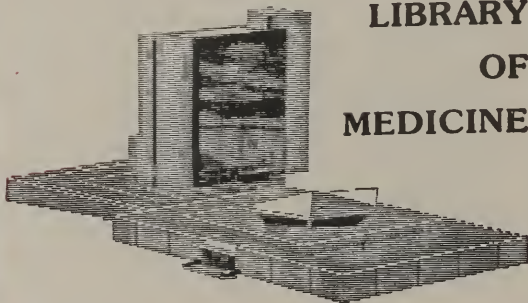


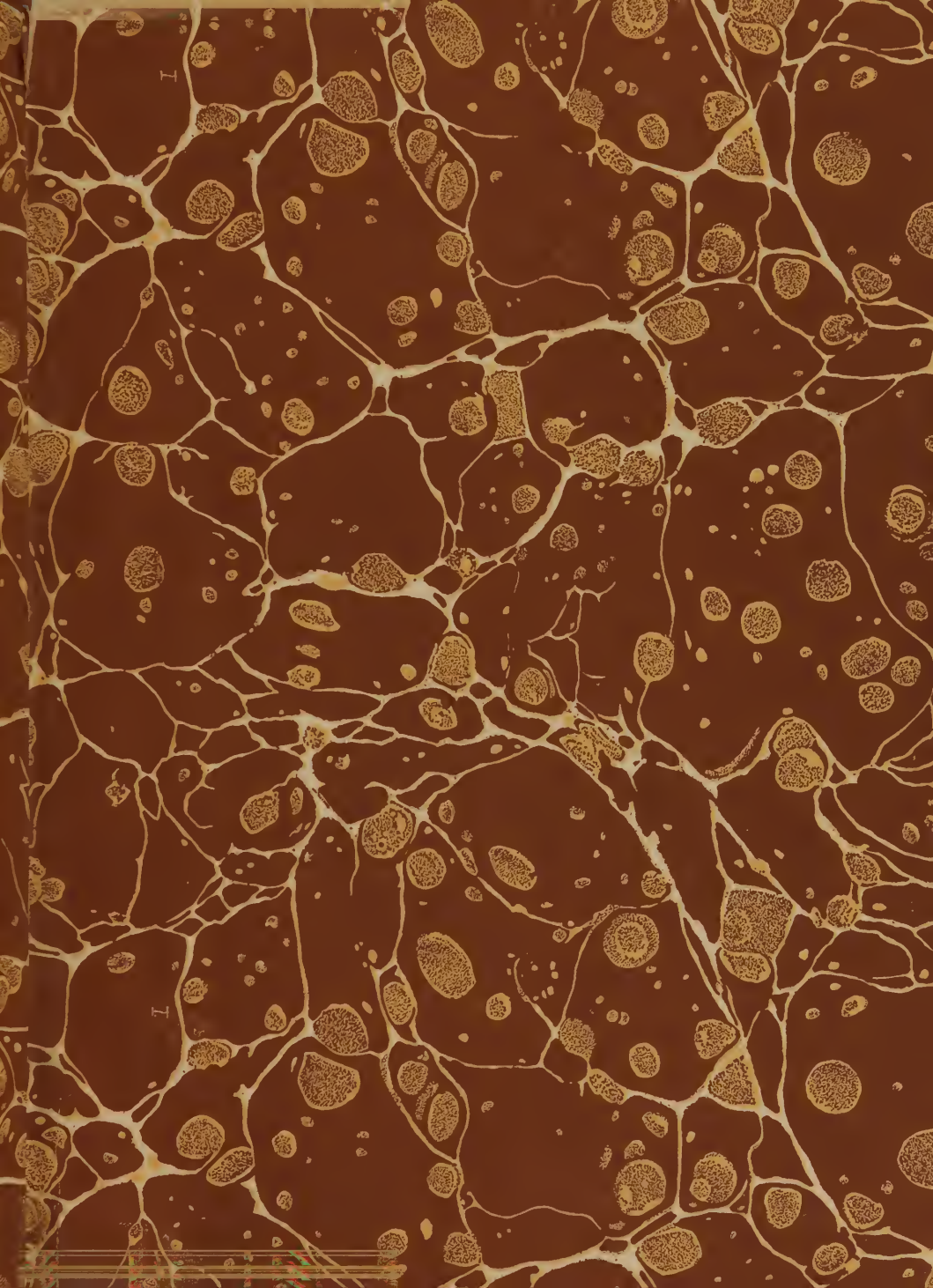




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ARMY SCHOOL *of* NURSING  
*Circular of Information*



WALTER REED U. S. ARMY  
GENERAL HOSPITAL  
WASHINGTON, D. C.

Wm

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## ARMY SCHOOL OF NURSING.

### Introduction.

The following program of instruction for the Army School of Nursing, Walter Reed U. S. Army General Hospital, Washington, D. C., is based on the Standard Curriculum for Schools of Nursing, issued by the National League of Nursing Education, 1918.

The course extends over a period of three years. Credit of nine months or approximately an academic year is given to graduates of accredited colleges. Credit of three or more months is advanced to students who have had two or more years of college or in approved technical schools that have included the prescribed courses in the sciences. The three years are divided into a preliminary term of four months which also constitutes the probationary period, a Junior Year of eight months, an Intermediate Year of twelve months, and a Senior Year of twelve months. Out of this period a vacation of one month for each year in the school is granted.

The Walter Reed Hospital gives experience in surgical nursing, including orthopedic, eye, ear, nose and throat; medical nursing, including communicable, nervous and mental diseases. Experience in pediatrics, gynecology, obstetrics, nursing is provided through affiliations, for which a period of at least one year is allowed during the second and third years of the course. The hours on the ward are arranged in accordance with the required class work. During the Preliminary Period four hours daily are given to ward routine, thereafter not exceeding eight hours daily.

The schedule of hours is as follows:

#### Preliminary Period.

- 4 hours daily in practical work.
- 3 hours daily in lectures and class.
- 3 hours daily in study and practice.
- 2 hours daily in recreation.

#### Junior and Intermediate Years.

- 8 hours daily in practical work.
- 1 hour daily in lecture and class work.
- 1 hour daily for study.
- 2 hours daily for recreation.

#### Senior Year.

- 8 hours daily in practical work.
- 2 hours weekly in lecture or class.

The schedule for night duty is eight hours, and total night duty not to exceed four months, approximately three months of night duty will be given during the affiliation period and one month of night duty will be given at this hospital preferably during the senior year.

## ARMY SCHOOL OF NURSING

### Course of Study for the Preliminary Period.

#### LECTURE COURSES

1. Anatomy and Physiology, 60 hours: consisting of 30 lectures, and classes, quizzes and individual laboratory work 30 hours: 4 hours weekly for 4 months.
2. Bacteriology, 20 hours: consisting of 10 lectures and 10 laboratory periods,
3. Personal Hygiene, 10 hours: 3 hours weekly for 4 weeks. Course supplemented by physical exercises in gynasiu or military drill.
4. Applied Chemistry, 20 hours: consisting of 10 lectures and classes and laboratory work and demonstrations 10 hours: 6 hours weekly for 4 weeks. 4 hours weekly for 5 weeks.
5. Nutrition and Cookery, 40 hours: consisting of classes, demonstrations and laboratory work: 6 hours weekly for 7 weeks. In addition this course comprises 6 weeks of practical training in Diet Kitchens.
6. Elementary Nursing Principles and Methods, 60 hours: consisting of 30 periods 2 hours each divided about equally between theory and practice: 6 hours weekly for 10 weeks.
7. Bandaging, 10 hours: class, demonstration and practice 2 hour periods: 2 hours weekly for 5 weeks.
8. History of Nursing, 15 hours: lectures and topical discussions, 3 hours weekly for 5 weeks.
9. Drugs and Solutions, 20 hours: consisting of classes and demonstrations 4 hours weekly for 5 weeks.

#### THEORETICAL INSTRUCTION

##### 1. ANATOMY AND PHYSIOLOGY.

Study of tissues.  
 Skeletal system.  
 Muscular system.  
 Alimentary system.  
 Vascular system.  
 Biological functions common to all forms of life.  
 Respiratory system.  
 Excretory system.  
 Ductless glands and metabolism.  
 Nervous system and special senses.  
 Reproductive system.

This instruction is given by lectures, recitations, demonstrations, and laboratory work.

Text: Kimber and Gray, Anatomy and Physiology for Nurses, 5th Edition.

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### 2. BACTERIOLOGY.

Introduction.  
Molds.  
Yeasts.  
Bacteria.  
Effects of physical and chemical agents on micro-organisms.  
Bacteria and disease.  
Dissemination of disease producing organisms.  
Bacteriology of milk and water.  
Defences of the body against Pathogenic Bacteria.  
Applications of Bacteriology.

This instruction is given by lectures, recitations, demonstrations, and laboratory work.

Standard reference text: Jordan, General Bacteriology, 5th Edition.

### 3. PERSONAL HYGIENE.

Introduction.  
Hygiene of exercise.  
Hygiene of the skin.  
Hygiene of clothing.  
Hygiene of respiration.  
Hygiene of nutrition.  
Hygiene of special senses.  
Hygiene of nervous system.  
Hygiene of the reproductive system.  
Community health problems.

This instruction is given by lectures, classes, gynasium exercises, military drill, etc.

Text: Price, Hygiene and Sanitation for Nurses.

### 4. APPLIED CHEMISTRY.

Introduction.  
Elements and chemical formulae and equations.  
Oxygen.  
Acids.  
Bases.  
Salts.  
Introduction to organic chemistry.  
Carbohydrates.  
Proteins.  
Fats.

Instruction given by lectures, quizzes and laboratory work.

Text: Pope, Physics and Chemistry for Nurses, 2nd Edition.





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### 5. NUTRITION AND COOKERY.

Introduction.  
 Digestion.  
 Fuel values in food.  
 Building materials in food.  
 Preparation and serving of foods.  
 Eggs.  
 Beverages.  
 Cereals, gruels, and starchy foods.  
 Vegetables.  
 Fruits and sugars.  
 Fats and oils-salads.  
 Protein foods-milk.  
 Special milk products.  
 Meats and poultry.  
 Fish, molluscs, crustaceans.  
 Gelatins and frozen desserts.  
 Breads.  
 Hospital diets.

This instruction is by combination of lectures and laboratory work, followed by the course, Diet in Disease, and not less than 6 weeks of practical experience in diet kitchens.

Text: Pattee, Practical Dietetics.

### 6. ELEMENTARY NURSING PRINCIPLES AND METHODS.

Introduction. How to provide the best kind of accommodations for sick people.  
 The patients surroundings. How to make them clean, comfortable, attractive.  
 Lavatories and utility rooms. How to keep them in good condition.  
 Getting a bed ready for a sick patient.  
 Admission of patients and care of their property.  
 Care of a patient's physical needs, and how to make him comfortable in bed.  
 Moving and carrying sick and helpless patients.  
 Bathing the patient.  
 Prevention and treatment of bed sores and other common discomforts.  
 How to nourish the patient.  
 What to observe and record about a sick patient's condition.  
 Assistance in examination of the patient.  
 Administrations of common medications.  
 Nursing measures in common digestive or intestinal disturbances.  
 Nursing measures in simple infectious conditions.  
 Local applications for inflammation and congestion.  
 General care of chronic and convalescent patients.  
 The general care of sick children in the hospital.  
 Elementary nursing measures in surgical and orthopedic conditions.  
 Elementary nursing measures in gynecological conditions.  
 Elementary measures in eye, ear, and skin cases.  
 Special problems—discharge, death, etc.

Instruction by classes and demonstrations, practical ward duty during probationary period of four hours daily: supervision of ward work by instructor of practical nursing, close correlation of ward and class work. Pupils not allowed to perform duties in

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wards until method has been thoroughly taught in demonstration room. Courses in medical and surgical nursing follow.

Text: Maxwell and Pope, Practical Nursing, 3rd Edition.

### 7. BANDAGING.

Introduction.

Circular and spiral bandage; and the spica. (hand and arm.)

Spiral reverse and figure-of-eight of the arm.

Spiral reverse and figure-of-eight of leg and foot.

Special bandages of head and chest.

Emergency bandages and use of Red Cross Bandages.

Instruction by demonstration and practice, individual criticism.

### 8. HISTORY OF NURSING.

Introduction.

Origin and early development of nursing.

Influence of Christianity on nursing. The Ascetic ideal.

Aristocratic and military influences. The Romantic ideal.

Democratic and secular tendencies in medieval nursing.

The dark period in nursing.

Humanitarian movements of the early modern period.

Modern nursing established by Florence Nightengale.

Recent developments in nursing.

Modern professional ideals and standards.

Social aspects of nursing and hospital work.

Relation of nursing and hospital work to community and family welfare.

Social problems as seen in the hospital.

How adverse social and economic conditions operate in childhood.

How adverse social and economic conditions operate in adult life.

Local social and economic conditions.

Instruction by lectures and topical reports by students.

Standard reference: Nutting and Dock, A History of Nursing.

### 9. DRUGS AND SOLUTIONS.

Introduction—Weights, measures, symbols, etc.

Weights and measures.

Solutions.

Disinfectants, antiseptics, deodorants.

Symbols and abbreviations.

Dosage.

Common pharmaceutical preparations.

Action of drugs on body.

Introduction to a few specially important drugs.

Instruction is given by lectures and quizzes, demonstrations and laboratory work in pharmaceutical preparations.

Text: Blumgarten, Materia Medica for Nurses.

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## PRACTICAL WARD WORK.

1. Daily routine: ward work 4 hours daily for 4 months.

- General medical wards.
- General surgical wards.
- Orthopedic wards.

2. General ward work to consist of the following nursing procedures, with careful supervision of the work of the student by the instructor of practical nursing, on wards, 11, 12, 13, 14, 16, 17, 18, 19, 21, 24, MB, OP2, 30's, 50's, 60's 70's.

- Bed making: bed with and without patient, all wards.

- Ether beds, 2nd Fl. 35, all surgical and orthopedic wards.
- Klondike beds, all wards with patients having beds on porches.
- Fracture beds, wards 31, 32, 18, 19, Ward J.

- Care of linen room and kitchen.

- Dusting:

- Regulation of ventilation and temperature of wards:

- Board under lower window sash.
- Protection by screen.
- Adjustment of mechanical appliances.

- Care of beds:

- Special care of pillows, mattress, rubber sheets, blankets and bed linen in clean cases, and in cases where patient is suffering from communicable disease or infected wound.

- Making of disinfecting solutions of various strengths:

- Disposal and disinfection of sputum, vomitus, stools, and urine.
- Disinfection of bed pans, urinals, hoppers, and dishes.
- Special cleansing of sinks, tubs and basins.

- General care of patient:

- Cleansing baths, bed bath and tub bath.
- Care of nails; and hands of helpless and typhoid patients, care of mouth of fever patients, care of heads as to brushing of hair, shampoo, treatment for pediculi.
- Prevention and treatment of bed sores, use of pads and rings.
- Removal of clothing from helpless patient.
- Lifting of patient from strecher to bed, from wheel chair to bed, etc.
- Turning of mattress with patient in bed.
- Assisting patient in taking food.
- Taking of temperatures, pulse and respirations and charting of same.
- Care of thermometer tray.
- Filling and care of hot water bottles, ice caps, throat caps.
- Care of rubber goods, catheters, rectal tubes, Dakin's tubes, etc.
- Care and sterilizing of glass tubes and instruments, Wards 18, 19, 70's.
- Making of dressings and putting up of supplies for sterilizing in wards 18, 19, 30's, 65, 70's, clinics, O.R., M.B. dressing room.
- Bandaging in wards 18, 19, 30's, 65, 70's.
- Treatments, giving of enemas O.P.2.
- Assisting in diets in serving of food and preparation of trays.

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### Course of Study for the Junior Year.

#### LECTURE COURSES

1. Pathology, 10 hours: consisting of lectures, class and laboratory work: 2 hours weekly for 5 weeks.
2. Nursing in Medical Disease, 20 hours: consisting of 10 lectures and 10 classes and demonstrations: 4 hours weekly for 5 weeks.
3. Nursing in Surgical Diseases, 20 hours: consisting of 10 lectures and 10 classes and demonstrations: 4 hours weekly for 5 weeks.
4. Materia Medica and Therapeutics, 20 hours: consisting of lectures, quizzes and laboratory periods: 3 hours weekly for 7 weeks.
5. Diet in Disease, 10 hours: course consists of 5 lectures and 5 laboratory and class periods: 2 hours weekly for 5 weeks.
6. Massage, 10 hours: course consists of 3 periods, 2 hours each of lectures and demonstrations: 2 hours weekly for 5 weeks.

#### THEORETICAL INSTRUCTION

##### 1. PATHOLOGY.

Causes of disease.  
 Disease processes or conditions.  
 New growths.  
 Observation of symptoms.  
 Methods of laboratory diagnosis.  
 Examination of feces and gastric contents.  
 Examination of urine.

This course is a continuation of the preliminary course in hygiene bacteriology and chemistry, and serves as a basis for the courses in medical and surgical nursing. Instruction given by lectures, clinics, pathological specimens, charts, etc.

##### 2. NURSING IN MEDICAL DISEASES.

Disease of the blood, heart and circulatory system.  
 Diseases of the respiratory system.  
 Diseases of the gastro-intestinal tract and accessory organs.  
 Diseases of the urinary tract, and constitutional diseases.

Instruction by lectures, quizzes, clinics. This course includes teaching and demonstration of advanced procedures in practical nursing. The course is in close relation to the practical experience of the students on general medical wards.

Text: Emerson, Essentials of Medicine.

##### 3. NURSING IN SURGICAL DISEASES.

General principles of surgery.  
 Wounds and wound infection.  
 Surgical emergencies.  
 Minor surgical procedures.  
 Major surgical operations and surgical complications.  
 Surgical conditions involving bony and muscular systems.  
 Surgical conditions involving the alimentary tract and accessory organs.  
 Surgical conditions of the thorax and back.  
 Surgery of the head and spinal cord.





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Plastic surgery.

Instruction to follow same general method as that outlined under medical nursing.  
Text: McDonald, Essentials of Surgery.

### 4. MATERIA MEDICA AND THERAPEUTICS.

Applications of chemistry to materia medica.

Poisons and antidotes.

Drugs which act on the nervous system.

Drugs which act on the circulatory system.

Drugs which act on the respiratory system.

Drugs which act on the digestive system.

Drugs which act on the excretory system.

Drugs which act on the skin and mucous membrane.

Specifics and miscellaneous drugs.

Instruction to follow same general method as outlined for Drugs and Solutions.  
Observation and report of drugs used on wards.

### 5. DIET IN DISEASE.

Diet in disease of the digestive system, test diets and nutrient enemata.

Diet in fevers. High caloric diets. Diets in convalescence.

Diet in anemia, cardiac disorders, nervous and mental conditions, and obesity.

Diet in nephritis, cystitis, calculus, rheumatism, gout, scurvy, rickets and diabetes.

Diet in surgical cases—peritonitis, laparotomies, head and mouth cases.

Formulae for feeding thru gastric and intestinal fistulae and by rectum.

This course continues the work given in Nutrition and Cookery, and with that course includes 6 weeks of practical instruction in preparation and serving of diets in diet kitchens.

### 6. PHYSIO THERAPY.—MASSAGE.

Fundamental manipulations in massage.

General massage.

Local massage.

Medical gymnastics.

Instructions by lectures with demonstration and practice in small groups. The object of the course is to teach the student to do ably, intelligently and with ease such massage as is necessarily a part of her duties as a nurse. The course is an introduction to the work in Physio-Therapy of the following year.

## PRACTICAL WARD WORK.

### 1. DAILY ROUTINE, WARD WORK 8 HOURS DAILY FOR 8 MONTHS.

General surgical wards.

Orthopedic wards.

General medical nursing.

Diet kitchen.

Vacation.

### 2. GENERAL SURGICAL NURSING.

The following instruction given in wards 18, 19, 31, 32, 2nd Fl., O.P.2.

General care and handling of patients.

Bandaging.

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Cutting down of dressings.

Taking of cultures and smears from wounds, and keeping of culture chart.

Making of Dakin's Tubes, packing and vaseline gauze.

Application of hot fomentations to wounds and inflamed areas.

Improvisations and application of splints and extensions.

Treatment of shock and hemorrhage.

Treatment and prevention of bed sores, as in cases of fractured spines, hips, and post operative cases.

### 3. ORTHOPEDIC NURSING.

The following instruction given in wards 71, 72, 73, 74, 57, 59.

General care and handling of patients.

Bandaging.

Cutting down of dressings.

Taking of cultures, smears and charting of same.

Making of packing and vaseline gauze.

Applications of hot fomentations to inflamed stumps.

Treatment of shock and hemorrhage.

Application and adjustment of traction.

Making and application of plaster bandages.

Cutting down of casts and care of part after removal of cast.

### 4. GENERAL MEDICAL NURSING.

The following instruction given in wards 11, 14, 16, 17, 21, 23, 24, 24, O.P.2.

General care and handling of patients.

Giving of medicines and hypodermics.

Preparation and giving of inhalations. Croup tent.

Preparation and administration of mustard plasters and flaxseed poultices.

Giving of hot packs, cold packs, contrast baths, alcohol sponges and mustard foot baths.

Nutrient enemata.

Cupping.

Colonic irrigations.

Collection and care of specimens.

Gargles and nasal sprays.

Eye, ear and nasal irrigations.

Application of ointments.

Serving of diets.

### 5. DIET KITCHEN.

The following instruction given in wards 12, 13, 14, 16, 23, 2nd Fl., O.P.2., Main Diet Kitchens 1 and 2.

In connection with ward diet kitchens.

Serving of diets, preparation and serving of special nourishments, light desserts, soups and broths for the following cases:

Gastric, intestinal, rheumatic nephritic, cardiac, tubercular, and empyema.

In connection with diet kitchen 2nd Fl. and No. 2.

Preparation and serving of light and soft diets, desserts, salads, soups, broths for surgical and abdominal cases.

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In connection with diet kitchen OP2.

Preparation and serving of desserts, salads, soups, broths, light and soft diets and special diets for gastric and intestinal cases, rheumatism, gynecological cases and post operative diets.

In connection with Main Diet Kitchen No. 1.

Preparation of weighed diets, soft and special diets, soups, desserts and salads for facial cases, special diets as--Allen-Lenhartz-Acid free-salt free-fat and free protein.

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### Course of Study for the Intermediate Year.

#### 1. LECTURE COURSES.

1. Communicable Diseases, 20 hours: course consists of 11 lectures, and 9 demonstrations: 2 hours weekly for 11 weeks.
2. Psychology, 10 hours: course consists of 10 lectures and quizzes: 2 hours weekly for 5 weeks.
3. Nursing in Mental and Nervous Diseases, 10 hours: course consists of lectures and quizzes: 2 hours weekly for 5 weeks.
4. Nursing in Veneral and Skin Diseases, 10 hours course consists of 10 lectures and clinics: 1 hour weekly for 10 weeks.
5. Orthopedic Nursing 10 hours: course consists of 10 lectures and clinics: 1 hour weekly for 10 weeks.
6. Laboratory Technic, 10 hours: course consists of lectures and laboratory periods: 1 hour weekly for 10 weeks.
7. Eye, Ear, Nose and Throat, and Dental Diseases, 12 hours: course consists of lectures and clinics: 2 hours weekly for 6 weeks.
8. Physio-therapy, 10 hours: course consists of 10 lecture periods: 3 hours weekly for 5 weeks, and in addition practical instruction and demonstrations for 60 hours in Physio-Therapy Department.
9. Occupational Therapy, 2 hours: course consists of 2 lectures, 2 hours weekly for 1 week, and in addition 60 hours of practical instruction is given in Occupational Therapy Department.
10. Principles of Ethics, 10 hours: 10 lectures: 1 hour weekly for 10 weeks.
11. Public Sanitation, 10 hours: lectures and excursions to inspect sanitary conditions of public plants: 1 hours weekly for 10 weeks.
12. Radiography, 4 hours: lectures 1 hour weekly for 4 weeks.
13. Hospital Housekeeping, 10 hours: 1 hour weekly for 10 weeks.

#### THEORETICAL INSTRUCTION.

##### 1. COMMUNICABLE DISEASES.

Life of disease germs outside the body.  
 Infections by carriers and missed cases.  
 Limitations to the value of isolation.  
 Infections by contact and fomites.  
 Infection by air.  
 Infection by food and drink.  
 Infection by insects.  
 Social, economic and educational factors in the prevention of communicable diseases.

Method of instruction the same as that followed in Medical Nursing.

Text: Emersons, Essentials of Medicine.

Standard reference: Osler, Principles and Practice of Medicine.





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### 2. PSYCHOLOGY.

Psychology, the Science of Behavior.  
Adjustments made by the Nervous System.  
Reflexes and Instincts.  
Individual Differences of Behavior.  
Effect of past experience on Behavior.  
Variety of responses to Same Stimuli.  
Thinking.  
Feeling.  
Doing.  
Suggestion.

Standard reference: James, Psychology—Briefer course.

Instruction by lectures and class quizzes. The course is a basis for subsequent courses in psychiatry and ethics.

### 3. NURSING IN MENTAL AND NERVOUS DISEASES.

Introduction—Anatomy and Physiology of the Central Nervous System.  
Neurology: Diseases and Disorders of the cord.  
Neurological Conditions Associated with Abnormal Mental States.  
Organic Reaction Types.  
Delirium and Infectious Exhaustive States.  
States of Defect: Idiocy and Imbecility.  
Dementia Praecox.  
Maniac-Depressive Psychoses.  
Psychasthenia and Hysteria.  
Psychoanalysis in Diagnosis and Treatment.  
Social Aspects of Mental Disease.

This instruction is given by means of lectures, clinics and quizzes, together with a series of demonstrations of nursing procedures requisite in the care of psychiatric patients. A period of 2 to 3 months of affiliation in mental nursing is provided for those students not obtaining practical experience in military hospitals.

### 4. NURSING IN VENEREAL AND SKIN DISEASES.

Occupational diseases and industrial hygiene.  
Venereal Diseases: Syphilis and Gonorrhea.  
Pathology of Skin Diseases.  
Lesions of Skin.  
Common Skin Diseases.  
Social Aspects of Venereal and Skin Diseases.

Instruction by lectures and clinics.

### 5. ORTHOPEDIC NURSING.

Orthopedic conditions, due to fractures, wounds, etc.  
Orthopedic Conditions due to Tuberculosis.  
Disease due to Faulty Nutrition.  
Deformities of the Spine.  
Infantile Paralysis.  
Social Problems connected with Orthopedic Work.

Instruction by lectures, clinics and demonstrations. Experience on wards includes practice in the use of various splints and apparatus peculiar to orthopedic work, and special instruction in methods of orthopedic nursing.

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### 6. LABORATORY TECHNIC.

Introduction: Laboratory equipment and methods.

Urinalysis.

Feces.

Stomach Contents.

Sputum.

Blood.

Body Fluids.

Serum Therapy.

Instructions by lectures, conferences, and laboratory work. Discussions of abnormal symptoms in clinical diagnosis.

### 7. EYE, EAR, NOSE AND THROAT, AND DENTAL DISEASES.

Diseases of the Eye.

Diseases of Mouth, Pharynx and Larynx.

Diseases of the Ear.

Diseases of the Teeth.

Diseases of the Nose and Accessory Sinuses.

The Observation of Early Symptoms and Marked Abnormalities.

Social Aspects of Above Named Diseases.

Instruction by lectures and clinics. Demonstrations and classes in care and treatment of eye, ear, nose and throat, and dental conditions both normal and abnormal.

### 8. PHYSIO-THERAPY.

Massage.

Hydrotherapy.

Practical procedures in Hydrotherapy.

Mechanotherapy.

Treatment by Light-Rays and Electricity.

Instruction by lectures, clinics and practical work. Not less than 60 hours of practical experience given in Physio-Therapy Department. This course is a continuation of the course in Physio-Therapy of the junior year.

### 9. OCCUPATIONAL THERAPY.

History and Application of Occupational Therapy.

Aims and Results of Occupational Therapy.

Instruction by lectures, together with 60 hours of practical instruction in department of occupational therapy in basketry, clay modelling, weaving, woodshop, wood carving, typewriting, book binding, knitting, bead work, etc. Samples of finished projects retained for exhibits.

### 10. PRINCIPLES OF ETHICS.

Introduction: Customary Morality.

Personal Morality.

Ethical Ideals and Standards.

Moral Judgement.

Conduct and Character.

The Social Virtues.

The Place of Self in Life.

Ethical Principles applied to Community Life.

Principles of Ethics as applied to One's Profession

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Principles of Ethics as applied to One's Personal Life.

Instruction by lectures, discussions: the course to be social in its application and not limited to the field of nursing.

### 11. PUBLIC SANITATION.

Introduction: Modes of Infection.

Sewage and Garbage Disposal.

Water Supply and Ice.

Food Supply.

Air Supply and Ventilation.

Industrial Hygiene.

Housing.

Hygiene of Schools, Public Buildings and Conveyances.

Vital Statistics.

Health Department and Health Legislation.

Instruction by lectures, lantern slides, and by visits and inspections of local plants to give a general practical knowledge of the methods which are being used to protect the health of individuals and communities.

### 12. RADIOGRAPHY.

Preparation of a patient.

Method of taking and developing X-Ray plates.

### 13. HOSPITAL HOUSEKEEPING.

Introduction.

Interior Furnishings and Finishings.

Cleaning and Polishing.

Equipment and Arrangement.

Heating and Ventilating Systems.

Lighting and Plumbing Systems.

The Central Linen Room, Sewing Room and Clothes Room.

Disposal of Garbage and Household Pests.

The Laundry.

Hospital Supplies.

Instruction to be given by lectures and class discussions. Inspection and report of management of the various Hospital Departments.

### PRACTICAL WARD WORK.

#### 1. DAILY ROUTINE, WARD WORK 8 HOURS DAILY FOR 12 MONTHS.

Medical Nursing.

Surgical Nursing.

Allowance for a period for affiliation and for vacation 4 weeks.

#### 2. GENERAL SURGICAL NURSING.

Including Septic Surgery and Orthopedic.

The instruction continues the work of the junior year and is given on all surgical wards.

Routine care of patients.

Assistant nurse on dressing cart for 2 weeks.

Carrel-Dakin irrigations.

Nurse in charge of dressing cart.

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- Assists doctor and does minor dressings.
- Preparation of patients for operation, first and second preparation of stumps and limbs with infected wounds, abdominal preparations.
- Care of post operative cases—charge nurse Recovery Room 2nd Fl.
  - Proctoclysis
  - Hypodermoclysis, transfusion Intravenous.
  - Treatment of shock and hemorrhage.
  - Fowlers Position.
  - Observation and charting of symptoms.
  - Evening care of post operative patients.
  - Feeding of post operative patients.
  - Preparation of patient and assisting surgeon with minor operations.
  - Special care of critically ill patients.
  - Eye and ear irrigations.
  - Eye medications and compresses.
  - Cystoscopic treatments and preparation of patients—Women Patients OP. 2.

### 3. GENERAL MEDICAL NURSING.

The instruction continues the work of the junior year and is given on all medical wards.

- Routine care of patients.
  - Observation and charting of symptoms.
  - Special care of cases critically ill.
  - Serving of special diets.
  - Lavage, gavage, extraction of duodenal contents.
  - Test meals. Extraction of test meals.
  - Collection and care of specimens.
  - Applications of hot and cold fomentations.
  - Baths and packs.

### 4. COMMUNICABLE DISEASES. WARDS 24-25-26.

- General routine ward work.
- Prophylactic measures to prevent transmission of communicable diseases.
- Isolation and disinfection.
- Sanitation of sick room.
- Personnel hygiene of patient, nurse and visitors.
- Special instruction in the following diseases.
  - Typhoid
    - Care of patient-bath; care of hands, mouth, hair; care of kidneys, giving of enema.
    - Care of disinfection of bedding, utensils, and excreta.
    - Measures taken to prevent hemorrhage, and perforation-enema, turpentine stipes, use of ice-caps, moving and turning, feeding.
    - Antipyretic measures-cold or tepid sponges or packs, Charting.
    - Observation of symptoms.
    - Typhoid diet.
  - Tuberculosis
    - General care of patient.
    - Care and disinfection of bedding, utensils and excreta.
    - Porch bed making.





OPERATING SECTION—DEMONSTRATION ROOM  
*Army School of Nursing*

## ARMY SCHOOL OF NURSING.

- Diet.
- Observation and symptoms and charting.
- Diphtheria, Tonsillitis, Vincents Angina.
  - General care of patient.
  - Care and disinfection of bedding, utensils, and excreta.
  - Special care of nose, throat and mouth-sprays and swabbing.
  - Special treatment-intubation, tracheotomy, lancing of tonsil
  - pharyngeal douche.
  - Precautionary care of kidneys and heart.
  - Preparation of patient for administration of antitoxin and ef-
  - fects.
  - Diet and feeding.
  - Observation of symptoms and charting.
- The Exanthemata
  - General nursing technic.
  - Prevention of cross infection.
  - Special care of heart, kidneys, eyes, mouth and ears and chest.
  - Observation of symptoms and charting.
  - Diets.
- Venereal and Skin Diseases
  - General nursing care in skin and venereal diseases.
  - Prophylactic measures — special irrigations and local treat-
  - ments.

### 5. GYNECOLOGY INSTRUCTION GIVEN ON WARDS 24 AND OP. 2.

- General nursing care of women.
- Preparation for examination.
- Preparation for operation.
- Preparation for cystocopy.
- Vaginal douche.
- Catheterization.
- Bladder irrigation and installation.
- Perineal dressings.
- Care of normal infant.

### 6. OBSTETRICS.

Instruction given on ward 21.

- Care of normal and premature infants.
  - Oiling, sponging and bathing.
  - Special care of eyes, mouth, and cord.
  - Preparation of feedings: care of bottles, of breasts.
- Pre-natal care of mothers.
- Post-partum care of mothers.
- Care of normal and operative cases, and those suffering from any compli-
- cations.
- Preparation of delivery room.
  - Supplies, instruments, solutions, bed, etc.
- Management of a delivery.
  - Obstetrical anesthetics, resuscitation of infants, special treat-
  - ments for retention of urine, hemorrhage, phlebitis, eclampsia, etc.
- Specializing of cases suffering from pathological condition of the puerpium.

## ARMY SCHOOL OF NURSING.

### Course of Study for the Senior Year.

#### 1. LECTURE COURSES.

1. Emergency Nursing and First Aid, 10 hours, Course consists of lectures and demonstrations, 2 hours weekly for 5 weeks.
2. Introduction to Private Nursing, 10 hours. Course consists of lectures 2 hours weekly for 5 weeks.
3. Introduction to Institutional Work, 10 hours: course consists of lectures: 2 hours weekly for 5 weeks.
4. Industrial and School Nursing, 10 hours: course consists of lectures and inspection of schools and factories: 2 hours weekly for 5 weeks.
5. Professional Problems, 10 hours: course consists of lectures: 2 hours weekly for 5 weeks.
6. Modern Social Conditions, 10 hours: course consists of lectures: 2 hours weekly for 5 weeks.
7. Special Disease Problems, 10 hours: course consists of lectures and clinics, 2 hours weekly for 5 weeks.
8. Military Regulations, 5 hours: course consists of lectures and conferences 1 hour weekly for 5 weeks.

#### THEORETICAL INSTRUCTION

##### 1. EMERGENCY NURSING AND FIRST AID.

Introduction: Organization and supplies for First Aid.  
 Transportation of the Injured.  
 Surgical Emergencies.  
 Medical Emergencies.  
 Adaptation of Nursing Measures.  
 Demonstrations of Nursing Procedures.

Instruction to be given by classes and demonstrations. This course is based upon previous instruction in practical nursing procedures and is intended to help the nurse to more readily adapt herself to emergency situations in service after graduation.

##### 2. INTRODUCTION TO PRIVATE NURSING.

Essentials to Success in Private Nursing.  
 Establishing One's Self in Private Practice.  
 Living Conditions and Expenditures.  
 The Nurse in the Home.  
 Special Duty in the Hospital.  
 Hotel Life and Traveling.  
 Private Duty in the Country and under Pioneer Conditions.  
 Special Problems in Surgical and Obstetrical Cases.  
 Special Problems in Medical Cases and Emergencies.

Instruction by class work, discussions and demonstrations. The course is intended for those students desiring to enter the field of private nursing to suggest to them possible adaptation of hospital technic in problems in that line of work.





*RECEPTION ROOM*  
*Student Nurses' Quarters No. 3.*



*STUDY ROOMS*  
*Army School of Nursing*

## ARMY SCHOOL OF NURSING.

### 3. INTRODUCTION TO INSTITUTIONAL WORK.

Hospital Organization.  
 Ward Planning and Equipment.  
 The Head Nurse as a Teacher.  
 Ward Housekeeping.  
 The Patients' Food.  
 Records and Record Keeping.  
 Ward personnel and its organization.  
 The Head Nurse and the Patients.  
 Special Problems in Ward Management.

Instruction by informal class discussions, reports, and personal conferences, with practical experience as head nurse on ward for at least 4 weeks. This course is intended for those students who have shown special ability along executive lines and who desire to continue in hospital work.

This course does not include problems belonging to hospital and training school administration.

### 4. INDUSTRIAL AND SCHOOL NURSING.

Industrial Sanitation.  
 Sources of cases and Basis of Selection.  
 General Welfare and Hygiene of Industrial Classes.  
 Sanitation of Public School Buildings.  
 Examination and Treatment of School Children.

Instruction by lectures, discussions, investigations and reports. The course is designed to stimulate interest in these lines of nursing for such students as intend to specialize after graduation in industrial or school nursing.

### 5. PROFESSIONAL PROBLEMS.

Social and Civic Status of Nurses.  
 Nursing economics.  
 Professional Ethics and Etiquette.  
 Legal Problems. (given by a lawyer)  
 Nursing Education.  
 Nursing Legislation.  
 Nursing Organizations.  
 National Nursing Organizations and Publications.  
 International Relationships.

The course is given by lectures and discussions with supplementary work in the elements of public speaking and parliamentary law, and the principles of formation of written reports. It is intended to interest the student in professional organizations and in their own profession.

### 6. MODERN SOCIAL CONDITIONS.

Poverty and Philanthropy.  
 Delinquency and Crime.  
 Education and Recreation.  
 Social Hygiene.  
 Alcohol and Drugs.  
 Modern Industry.  
 Immigration and Race Problems.  
 Agencies and Methods for Relief and Prevention.

## ARMY SCHOOL OF NURSING.

Courses given by lectures and discussions, and is intended to give the student a clearer idea of social problems and to serve as a basis for those intending to specialize in any branch of social work.

### 7. SPECIAL DISEASE PROBLEMS.

Instruction by means of lecture by specialists on new and interesting subjects connected with the study and treatment of disease. This course is intended to test the ability of the student to work out an independent problem, as they will have to do when they leave the hospital, to consult sources and gather material for themselves and to organize the results of their observation and inquiry in the form of a report or case history, such as might be published in a nursing journal.

### 8. MILITARY REGULATIONS.

This course is particularly designed for student nurses in order that they may have a comprehension of the organization of the administrative department of the military service.

## PRACTICAL WARD WORK

### 1. SENIOR PERIOD: DAILY ROUTINE, WARD WORK 8 HOURS DAILY FOR 12 MONTHS.

General Medical Nursing.  
General Surgical Nursing.  
Mental Nursing.  
Clinics and General Operating Room.  
Head Nurse of Ward.  
Affiliation for Public Health.  
Vacation.

### 2. GENERAL SURVEY OF WORK.

The work in general medical and surgical nursing continues the work of the intermediate year, part of this time may be included in the night duty service and in nursing of special cases.

### 3. NURSING IN MENTAL AND NERVOUS DISEASES.

General principles governing care of nervous and mental patients.  
Observation and classification of psychiatric cases.  
Importance of attention to bodily functions, diet, cleanliness, bed sores.  
Observation of symptoms as manifested in behavior both mental and physical  
Charting.  
Nursing measures in treatment and administration of salvarsan.  
Indications and contra-indications for measures of restraint.  
Precautionary protective measures in giving treatments and in the administration of drugs.  
Value of occupational therapy, physio therapy and hydro therapy.  
Routine care for protection of patients.  
Management of resistive, combative, violent and destructive patients.





LABORATORY ROOM  
*Army School of Nursing*

## ARMY SCHOOL OF NURSING.

## 4. GENERAL OPERATING ROOM.

Supplies and sterilization of same.

Care and sterilization of instruments, glassware, basins, etc.

Solutions.

Assisting at operations. Lane Technic.

Class 7.00 A. M. in operative technic by means of lectures, mock operations, discussions and criticisms. This class includes students on duty in operating room.

## 5. CLINICS.

Eye Clinic.

Operating Room.

Assisting with dressings and treatments.

Supplies.

Paper Work.

Treatments on Ward 35.

Irrigations.

Fomentations.

Medications.

Dental Clinic.

Assisting in dental hygenic department.

Assisting in extraction room.

Assisting in operating room.

Dressing of plastic cases.

Ear, Nose and Throat Clinic, E. N. T. Ward.

Ward 35 E. N. T. Ward.

General ward nursing.

E. N. T. treatments and medications.

Preparation of patients for operation.

Post operative care.

Dressings.

Diets.

Open Clinic, E. N. T. Clinic.

Paper Work.

Assisting Operators.

Sterilization of instruments.

Sterilization of supplies.

Irrigations and local applications.

Operating Room, E. N. T. Clinic.

Operating Room.

Preparation of room.

Assisting surgeon.

Supplies.

## 6. HEAD NURSE ON WARD.

Wards in charge of student nurse 11-12-17-32-35-71-72

Full responsibility of nurse in charge.

## ARMY SCHOOL OF NURSING.

## Affiliations.

Course of Study for the Army School of Nursing, Walter Reed General Hospital, Takoma Park, D. C.

Affiliations during intermediate and senior years.

Allowance of time of affiliations, one year.

Gynecology	2 months
Obstetrics	3 months
Pediatrics	3 months
Public Service	2 months
Mental Nursing	2 months

The instruction in these subjects will be in accordance with the respective courses of study of the hospitals affiliated with the Army School of Nursing.

The following are the hospitals in affiliation with the Army School of Nursing, Walter Reed U. S. Army General Hospital, Washington, D. C.

Hospital	Affiliation
Columbia Hospital for Women Washington, D. C.	Gynecology—Obstetrics.
Children's Hospital Washington, D. C.	Pediatrics.
Providence Hospital Washington, D. C.	Gynecology—Obstetrics—Pediatrics.
Babies Summer Camp Washington, D. C.	Pediatrics.
John Hopkins Hospital Baltimore, Md.	Pediatrics—Psychiatry.
Hospital for Women Baltimore, Md.	Gynecology—Obstetrics.
University Hospital Baltimore, Md.	Gynecology—Obstetrics—Pediatrics.
Children's Hospital Philadelphia, Pa.	Pediatrics.
General Hospital Philadelphia, Pa.	Gynecology—Obstetrics—Pediatrics.
Presbyterian Hospital Philadelphia, Pa.	Gynecology—Obstetrics—Pediatrics.
Mass. General Hospital Boston, Mass.	Care of Women.
Boston Ly-ing-in Hospital Boston, Mass.	Obstetrics.
Peter Brent Brigham Hospital Boston, Mass.	Care of Women.
Boston Floating Hospital Boston, Mass.	Pediatrics.

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*ARMY SCHOOL OF NURSING.*

Brooklyn Hospital  
Brooklyn, N. Y.

Newton, Hospital  
Newton Lower Falls, Mass.

McLain Hospital  
Waverely, Mass.

Henry Street Settlement with  
Teachers' College  
New York City, N. Y.

Visiting Nurses' Association  
Philadelphia, Pa.

Gynecology—Obstetrics—Pediatrics.

Gynecology—Obstetrics—Pediatrics.

Pyschiatry.

Public Health Nursing.

Public Health Nursing.









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